


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Cat with balance
Critical Instances	Personal Execution
<div data-bbox="112 323 709 657"></div> <p>Begin on all fours with the knees under the hips and the wrists under the shoulder. Keep the chest lifted away from mat (like pushing the floor away. Inhale to prepare. Exhale while drawing the mid-section inward. Hold the spine neutral. Inhale while raising the left arm up near the ear. Keep the shoulder down. While the arm is lifted, extend the right leg and lift upward. Keep the hips facing the mat. Exhale. Repeat with right arm up, then adding left leg.</p>	